

STANDING HAMSTRING CURLS

This exercise strengthens the hamstrings and requires good standing balance.

Benefits »

- ⦿ Strengthens hamstrings.
- ⦿ Requires successful weight shifting.
- ⦿ Improves one-legged balance.
- ⦿ Builds kinesthetic awareness.

Set It Up »

You may choose to add light ankle weights for some participants.

How to Do It »

The Start

Participants stand tall behind a sturdy chair or other suitable support with knees soft and feet parallel.

The Moves

Use the following cues.

- ⦿ Keeping the fronts of the knees and thighs parallel (side by side), shift your weight to one leg and lift the other heel up toward the buttocks.
- ⦿ Lower the heel so the foot is back beside the other.
- ⦿ Repeat 8 to 12 times, as tolerated.
- ⦿ Repeat with the other leg.
- ⦿ Stretch the hamstrings when you're done. (Gentleman's Bow works great for this).



Take It Further »

- ⦿ Increase the repetitions to 15, as able.
- ⦿ Lift and lower more slowly.
- ⦿ Add light ankle weights.

Give It More Balance »

- ⦿ Have participants notice how the weight transfer feels when they change legs.
- ⦿ Reduce their balance support: Suggest that they use only a light touch on their chair or walker.

Keep It Safe »

Make certain they are keeping their knees and thighs aligned and parallel. Most will tend to lift their knee forward, breaking the frontal plane; this is a different exercise (hip flexors are used instead of hamstrings). You want them to lift their heel back, toward the buttocks. If proper form is difficult for them, have them place the working foot beyond the support foot before lifting the heel.